

Statistics Report 35211, Caribou, hind quarter, meat, cooked (Alaska Native)

Report Date: May 31, 2017 02:47 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|-------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 2 | g | 65.47 | -- | -- | 58.35 | 72.6 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Energy | kcal | 159 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2007 |
| Energy | kJ | 664 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2007 |
| Protein 1 2 | g | 28.81 | -- | -- | 22.63 | 35 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Total lipid (fat) 1 2 | g | 4.82 | -- | -- | 3.37 | 6.26 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Ash 1 2 | g | 1.05 | -- | -- | 0.88 | 1.23 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Sugars, total | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Sucrose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Glucose (dextrose) | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Fructose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |

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| Lactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Maltose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Galactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Starch | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 2 | mg | 5 | -- | -- | 5 | 6 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Iron, Fe 1 2 | mg | 4.80 | -- | -- | 4.1 | 5.5 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Magnesium, Mg 1 2 | mg | 24 | -- | -- | 22 | 26 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Phosphorus, P 1 2 | mg | 215 | -- | -- | 200 | 230 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Potassium, K 1 2 | mg | 245 | -- | -- | 170 | 320 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Sodium, Na 1 2 | mg | 45 | -- | -- | 38 | 52 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Zinc, Zn 1 2 | mg | 4.30 | -- | -- | 2.1 | 6.5 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Copper, Cu 1 2 | mg | 0.325 | -- | -- | 0.27 | 0.38 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |

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|--|------|----------------|-------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Manganese, Mn 1 2 | mg | 0.043 | -- | -- | 0.04 | 0.05 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Selenium, Se 1 2 | µg | 16.5 | -- | -- | 12.5 | 20.5 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Thiamin 1 2 | mg | 0.291 | -- | -- | 0.14 | 0.44 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Riboflavin 1 2 | mg | 0.814 | -- | -- | 0.67 | 0.96 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Niacin 1 2 | mg | 5.890 | -- | -- | 4.63 | 7.15 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Pantothenic acid 1 2 | mg | 1.487 | -- | -- | 0.88 | 2.09 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Vitamin B-6 1 2 | mg | 0.373 | -- | -- | 0.35 | 0.4 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Folate, total 1 2 | µg | 4 | -- | -- | 3 | 4 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2009 |
| Folate, food 1 | µg | 4 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2007 |

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|--|------|----------------|-------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Folate, DFE | µg | 4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2009 |
| Choline, total 1 | mg | 120.4 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2007 |
| Vitamin B-12 1 2 | µg | 6.47 | -- | -- | 5.89 | 7.05 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Vitamin A, RAE | µg | 94 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 06/2009 |
| Retinol | µg | 94 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2007 |
| Carotene, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Vitamin A, IU | IU | 312 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2007 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Vitamin E (alpha-tocopherol) 1 2 | mg | 0.88 | -- | -- | 0.69 | 1.07 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |

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|---|------|----------------|-------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Tocopherol, beta 1 2 | mg | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Tocopherol, gamma 1 2 | mg | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Tocopherol, delta 1 2 | mg | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Vitamin K (phylloquinone) 1 2 | µg | 1.8 | -- | -- | 1.4 | 2.1 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.880 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2007 |
| 8:0 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 10:0 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 12:0 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 14:0 1 2 | g | 0.060 | -- | -- | 0.03 | 0.09 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 15:0 1 2 | g | 0.010 | -- | -- | 0 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |

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| 16:0 1 2 | g | 0.950 | -- | -- | 0.61 | 1.29 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 17:0 1 2 | g | 0.040 | -- | -- | 0.03 | 0.05 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 18:0 1 2 | g | 0.795 | -- | -- | 0.59 | 1 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 20:0 1 2 | g | 0.015 | -- | -- | 0.01 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 22:0 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 24:0 1 2 | g | 0.010 | -- | -- | 0 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Fatty acids, total monounsaturated | g | 1.495 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2007 |
| 14:1 1 2 | g | 0.005 | -- | -- | 0 | 0.01 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 15:1 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 16:1 undifferentiated 1 2 | g | 0.085 | -- | -- | 0.07 | 0.1 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |

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| 17:1 1 2 | g | 0.010 | -- | -- | 0 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 18:1 undifferentiated 1 2 | g | 1.380 | -- | -- | 0.86 | 1.9 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 20:1 1 2 | g | 0.015 | -- | -- | 0.01 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 22:1 undifferentiated 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 24:1 c 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Fatty acids, total polyunsaturated | g | 0.725 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2007 |
| 18:2 undifferentiated 1 2 | g | 0.345 | -- | -- | 0.26 | 0.43 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 18:3 undifferentiated 1 2 | g | 0.130 | -- | -- | 0.1 | 0.16 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 18:4 1 2 | g | 0.010 | -- | -- | 0 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 20:2 n-6 c,c 1 2 | g | 0.005 | -- | -- | 0 | 0.01 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |

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| 20:3 undifferentiated 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 20:4 undifferentiated 1 2 | g | 0.125 | -- | -- | 0.1 | 0.15 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 20:5 n-3 (EPA) 1 2 | g | 0.035 | -- | -- | 0.03 | 0.04 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 21:5 1 2 | g | 0.000 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 22:4 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 22:5 n-3 (DPA) 1 2 | g | 0.060 | -- | -- | 0.05 | 0.07 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| 22:6 n-3 (DHA) 1 2 | g | 0.015 | -- | -- | 0.01 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Cholesterol 1 2 | mg | 107 | -- | -- | 81 | 134 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2007 |
| Amino Acids | | | | | | | | | | | | | |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2007 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9i, 2005 Beltsville MD